***H. PHASE #8 ….. Extension #2***

**1. Top hand stays under the bat.**

**2. Continuation of 1'st extension.**

**3. Back shoulder rotates forward.**

**4. Weight will flow slightly back.**

**5. Lead arm begins to form a V.**

**6. Back arm extends across the body and begins to form an L.**

**7. The head stays down.**

**8. The lead eye stays inside the stride leg thigh.**

**9. The belly button takes a picture of the pitch.**

**10. The wrist have not yet began to roll.**

**11. Short bat path to finish.**

**12. Good Backside L.**

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**Extension #2 …. Cont.**



[](http://fullcountpitch.com/wp-content/uploads/2009/03/joe-mauer.j)

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**Extension #2 …. Cont.**



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